



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 9:30 Hi-Cap-Vietnamese-by appt. 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 & 2:45-Line Dancing-E/W Room	7:30 Chess Club-Room 1 8:30 ESL-Room 5 8:45 Balance & Mobility-Room 3/4 10:00 Adult Fitness-Room 3/4 9:00 Meditation-East/West Room 10:00 Yoga-East/West Room 11:00 Yoga-East/West Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:30 Intermediate Computer-Room 11	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer Class-Room 11 10:00 Adult Fitness-Room 3/4 11:00 Health Talk "Cancer Prevention" 11:45 Lunch 12:45 Bingo	7:30 Chess-Room 2 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:15&10:30 Line Dancing E/W Room 10:00 Beginning Adult Fitness-Room 3/4 11:45 Lunch 12:15 Bridge-Room 11 1:00 & 3:00 Line Dancing-E/W Room	9:00 Yarn Spinners-Room 1 9:00 Tai Chi-A/B Room 9:30-11:15 Morning Bingo <b>9:15 Movie: "Casino Royale"</b> <b>10:00 Legal Aid-by appointment</b> 10:30 Sudoku-Room 2 <b>11:30 Podiatrist-by appointment</b> 11:45 Lunch
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 9:30 Hi-Cap-by appt. 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 & 2:45-Line Dancing-E/W Room	7:30 Chess Club-Room 1 <b>8:30 ESL-Room 5-Last Day</b> 9:00 Meditation-East/West Room <b>10:00 Manicure and Haircuts-West Room</b> 10:00 Yoga-East Room 11:00 Yoga-East Room 11:45 Lunch 12:30 Intermediate Computer-Room 11	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 <b>9:00 Commodities-Room 5</b> 9:00 Beginning Computer Class-Room 11 11:45 Lunch 12:30 Bunco-Room E/W 12:45 Bingo	7:30 Chess-Room 2 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick <b>9:00 Pool Tournament vs. Garden Grove</b> 9:15&10:30 Line Dancing E/W Room 11:45 Lunch 12:15 Bridge-Room 11 1:00 & 3:00 Line Dancing-E/W Room	9:00 Yarn Spinners-Room 1 9:00 Tai Chi-A/B Room <b>9:15 Movie: "The Dark Knight"</b> 9:30-11:15 Morning Bingo 10:30 Sudoku-Room 2 11:30 Lunch
<div> <div>Summer Recess for Mindy</div> <div>Master's Exercise Classes Only-Classes resume Monday, June 15th</div> <div>Open 8:00AM-1:00 PM</div> </div>				
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3-4 9:00 Intermediate Computer -Room 11 9:30 Hi-Cap-Vietnamese by appt. 10:00 Aerobics-East/West Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 & 2:45-Line Dance/Aerobics 1-E/W Room	7:30 Chess Club-Room 1 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11 9:30 Stretch & Flex-E/W Room <b>10:00 Attorney by appointment</b> 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:30 Intermediate Computer-Room 11 12:45 Dance Aerobics 4-East /West Room 2:45 Meditation/Qigong-East/West Room 3:45 Yoga-East/West Room 4:45 Yoga-East/West Room	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer Class-Room 11 10:00 Adult Fitness-Room 3/4 <b>10:00 Attorney Talk:"Estate Planning"-DR</b> 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch <b>12:30 Diabetes Support Group-Room A</b> 12:45 Bingo	7:30 Chess-Room 5 <b>8:30 SAFE DRIVING CLASS-Room 3-4</b> 8:45 Balance & Mobility-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 11 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	<b>8:00 SAFE DRIVING CLASS-Room 3-4</b> 9:00 Yarn Spinners-Room 1 9:00 Tai Chi-A/B Room 9:00 SCAT Meeting-Room 5 <b>9:15 Movie: "Pirates of the Caribbean"</b> 9:30-11:15 Morning Bingo 10:30 Sudoku-Room 2 11:45 Lunch
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3-4 10:00 Aerobics-East /West Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 & 2:45-Line Dance/Aerobics 1-East/West Room	7:30 Chess Club-Room1 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11 9:30 Stretch & Flex-E/W Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:30 Intermediate Computer-Room 11 12:45 Dance Aerobics 4-East/West Room 2:45 Meditation/Qigong-East/West Room 3:45 Yoga-East/West Room 4:45 Yoga-East/West Room	9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-Room 3/4 <b>10:00 Talk: "Alzheimer's Disease" (in Vietnamese)</b> 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Bunco-E/W Room 12:45 Bingo	7:30 Chess-Room 5 8:45 Balance & Mobility-Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 10:45 Birthday Lunch w/Entertainment-by reservation 12:15 Bridge-Room 11 12:30 Beginning Adult Fitness-Room 3/4	9:00 Yarn Spinners-Room 1 9:00 Tai Chi-A/B Room <b>9:15 Movie: "Fool's Gold"</b> 9:30-11:15 Morning Bingo 10:30 Sudoku-Room 2 11:30 Lunch
9:00Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3-4 10:00 Aerobics-East /West Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 & 2:45-Line Dance/Aerobics 1-E/W Room	7:30 Chess Club-Room 1 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11 9:30 Stretch & Flex-E/W Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:30 Intermediate Computer-Room 11 12:45 Dance Aerobics 4-East/West Room 2:45 Meditation/Qigong-East/West Room 3:45 Yoga-East/West Room 4:45 Yoga-East/West Room	<div>  <div> <div>JUNE 2009</div>  </div> </div>		